

## The Stilwell Structured Conscience Interview

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### Directions:

Put a checkmark by every statement that describes how you think, feel, or behave.

If you don't understand the statement, don't check it.

If you aren't sure, don't check it. Explain your uncertainty at the bottom of the page. -

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### 1. The Meaning of "Moral"

<input type="checkbox"/>	<input type="checkbox"/> I know what it means to be good or bad. <input type="checkbox"/> I am basically good. <input type="checkbox"/> I am basically bad.
<input type="checkbox"/>	<input type="checkbox"/> I know the difference between right and wrong. <input type="checkbox"/> I try to do what is right and avoid what is wrong. <input type="checkbox"/> I don't try to do what is right and avoid what is wrong.
<input type="checkbox"/>	<input type="checkbox"/> The word, moral, means "something right you must do to be considered a good person. For example, be kind, loving, or considerate."
<input type="checkbox"/>	<input type="checkbox"/> The word, moral, means "something wrong you must not do. If you do it, you are a bad person. For example, do not lie, cheat, or steal."
<input type="checkbox"/>	<input type="checkbox"/> I do not know what the word, moral, means.
<input type="checkbox"/>	What is another way to explain "moral"?

## 2. Beliefs About Learning to Be Good

	_____ I never think about learning to be good.
	_____ I was born with goodness in me. _____ I was born ready to learn how to be good.
	_____ I learned (or am learning) how to be good from my parents' teachings.
	_____ I lost my parents (e.g. death, removed from home, etc). _____ I learned (or am learning) how to be good from other grownups who became my substitute parents (other relatives, foster parents, caretakers at home for children, etc.
	_____ I learned (or am learning) how to be good by trying to please other people so they would think well of me. Besides parents, these people include (or included) _____ teachers _____ neighbors _____ other adults in the community (shopkeepers, policemen _____ friends _____ younger children _____ my own conscience
	_____ Figuring out good or bad and right or wrong is confusing. _____ I depend a lot on my friends to figure it out. _____ I would like to please everyone, but that is hard. I try to please _____ parents and other adults _____ my friends _____ my conscience _____ myself
	_____ There can be good within bad and bad within good. _____ No matter what parents, friends, or others say, you have to make your own moral decisions. _____ Some moral decisions are not totally right or totally wrong.
	I learned (or am learning) how to be good.....

### 3. Beliefs About Goodness and Badness

	<p>_____ I am basically a good person, even though I make occasional mistakes.</p> <p>_____ All human beings make mistakes.</p>
	<p>I am basically a good person, but sometimes</p> <p>_____ I forget to think when I am with my friends</p> <p>_____ I forget to think when I am in a hurry</p> <p>_____ I forget to think when I get nervous</p> <p>_____ I am bored and get in mischief to have fun</p>
	<p>I am basically a good person unless</p> <p>_____ my moodiness gets in the way</p> <p>_____ I get in a stubborn mood</p> <p>_____ my temper gets in the way</p> <p>_____ My moodiness or temper problems happen a lot, but they never last long</p> <p>_____ minutes; _____ hours; _____ all day; _____ longer</p>
	<p>_____ In the last year, my behavior has been more bad than good.</p> <p>_____ Most every day I am in a bad mood.</p> <p>_____ Most every day I have a bad attitude</p> <p>_____ toward grownups</p> <p>_____ toward people my age</p> <p>_____ toward myself.</p> <p>_____ My bad behavior puts me in a bad mood.</p> <p>_____ My bad mood makes me to bad things.</p> <p>Which came first? _____ bad behavior; _____ bad mood</p> <p>_____ I can't remember</p>

	<p>If I ever had a good side,</p> <p>_____ It got ruined growing up.</p> <p>_____ I don't fit in with good people.</p> <p>_____ Bad people control my life.</p> <p>_____ Bad friends? _____ Bad adults? _____ Both?</p> <p>_____ I wish I were good, but I'm not.</p> <p>_____ Good and bad are at war inside me.</p>
	<p>_____ I have always been a bad person.</p> <p>_____ I am bad now</p> <p>_____ I will probably never be a good person.</p> <p>_____ There is no other way for me to be.</p>
	<p>Other thoughts:</p>

#### 4. Beliefs About Badness

	<p>_____ I am not a bad person</p>
	<p>When I am bad, it is because:</p> <p>_____ I have to do bad things to survive (for example, I can only survive by stealing or begging)</p> <p>_____ I have to defend myself; people are always trying to bully or fight with me.</p> <p>_____ I have to get back at people who are always hurting my feelings and talking mean to me</p>

	<p>I think I am a bad person because:</p> <p>_____ no one likes me</p> <p>_____ the only friends I have are bad ones</p> <p>_____ I am in a gang that prides itself on being bad</p> <p>_____ people force me to do bad things or they will harm me.</p> <p>_____ If I were away from bad people, I would be better.</p>
	<p>I think I am a bad person because:</p> <p>_____ I never do anything good or right</p> <p>_____ No one ever finds anything good about me</p> <p>_____ I am hateful.</p>
	<p>I think I am bad because</p> <p>_____ I was abused when I was little.</p> <p>_____ My family was bad.</p> <p>_____ I have never known anything but hatred and misunderstanding</p> <p>_____ Life has been nothing but confusion</p> <p>_____ I have done unforgivable things</p>
	<p>I think I am bad because</p> <p>_____ I am crazy</p> <p>_____ Evil forces control my life.</p> <p>_____ Badness is my way of life.</p>
	<p>Other:</p>

## 5. Conceptualization of Conscience

	<input type="checkbox"/> I don't know anything about good or bad. <input type="checkbox"/> I don't know anything about right or wrong.
	<input type="checkbox"/> My parents teach (or taught) me about good and bad. <input type="checkbox"/> My parents teach (or taught) me about right and wrong.
	<input type="checkbox"/> I have rules about right and wrong that I follow. <input type="checkbox"/> The rules are inside me in my brain (heart, stomach). <input type="checkbox"/> Some of the rules came from my parents. <input type="checkbox"/> Some of the rules came from other grownups. <input type="checkbox"/> Some of the rules I figured out myself. <input type="checkbox"/> If I follow the rules, I will be good.
	<input type="checkbox"/> I know what a conscience is. <input type="checkbox"/> I have a conscience inside me. <input type="checkbox"/> My conscience is like a little person (voice) that helps me make decisions about right and wrong. <input type="checkbox"/> My conscience knows right from wrong. <input type="checkbox"/> My conscience wants me to be good. <input type="checkbox"/> I have a good conscience and a bad conscience.
	<input type="checkbox"/> My conscience bothers or nags me when I am about to do something wrong. <input type="checkbox"/> Sometimes, my conscience is no help at all. <input type="checkbox"/> Sometimes, I am confused about my conscience. <input type="checkbox"/> Sometimes, my conscience confuses me.
	<input type="checkbox"/> My conscience is a collection of all my memories and experiences with right and wrong. <input type="checkbox"/> Although my conscience helps me make decisions, it doesn't always know the right answer. <input type="checkbox"/> I influence my conscience and it influences me.

	Other Descriptions of Conscience:
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## 6. Other Ideas About Conscience

	_____ My conscience works pretty well most of the time.
	_____ Sometimes, I forget to listen to my conscience. Then, I regret it. _____ Sometimes, I run into new moral situations that my conscience doesn't have any answers for.
	_____ Sometimes, I can get really lazy about following my conscience. _____ Sometimes, I can get really stubborn with my conscience. _____ Sometimes, I argue with my conscience just like I do with my parents.
	_____ Sometimes I am too depressed to follow my conscience. _____ Not following my conscience can really depress me. _____ My conscience can torment me. _____ Sometimes, I put up a wall between me and my conscience.
	_____ There is always a fight going on between my good conscience and my bad conscience. _____ Mostly, my bad conscience controls me. _____ Some days I am so confused I don't even know if I have a conscience.
	_____ I know what a conscience is, but I definitely don't have one. _____ My conscience and I are totally evil.



7. Who taught you the most about right and wrong, good and bad?

Name	Relationship to You (parent, teacher, sibling, other relative, minister, friend, etc.)

8. Attachment, Pleasing, and Goodness

	I seldom do what my parents ask me to do.
	<p>I do what my parents ask me to do because:</p> <p>_____ I love my parents and they love me.</p> <p>_____ it makes my parents happy.</p> <p>_____ I don't want my parents to be mad at me.</p>
	<p>_____ My parents are pleased when I learn things.</p> <p>_____ My parents are pleased when I'm fair with others.</p> <p>_____ My parents set limits and give me consequences to help me learn.</p> <p>_____ My parents praise me when I learn and behave well.</p>
	<p>_____ My parents taught me to be kind to others.</p> <p>_____ My parents are pleased when I am helpful to others.</p> <p>_____ I try to be kind and helpful to my parents.</p>

	<p>_____ Pleasing parents, friends, and my conscience all at the same time can get very complicated.</p> <p>_____ Sometimes, it is more important to please my friends than my parents.</p> <p>_____ Sometimes, it is more important to please my friends than my own conscience.</p> <p>_____ Sometimes, I want to please everyone but I don't know how.</p>
	<p>_____ My parents taught me to stand up for what I believe.</p> <p>_____ My parents are proud of me when I make my own decisions.</p> <p>_____ My parents taught me to set a good example for younger people.</p>
	Other thoughts about this question:

### 9. Attachment and Disobedience

	Adults usually help me to do right and be good.
	The only reason I obey my parents is to avoid punishment.
	The only time I obey rules is when someone is watching me.
	I enjoy breaking rules and giving adults a hard time.
	I do not like bosses of any kind.
	I like to get younger children in trouble.

	Other thoughts about this question:
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## 10. Friendships and Goodness

	I don't like people
	<p>_____ I like people who are nice to me.</p> <p>_____ A nice person likes to do the same things I like to do.</p> <p>_____ I am nice to people who are nice to me.</p> <p>_____ I should not be nice to people who aren't nice to me.</p> <p>_____ A mean person is one who hurts me in some way.</p> <p>_____ When people are mean to me, I should tell a grownup and stay away from them.</p>
	<p>_____ A nice person is one who takes turns and is fair.</p> <p>_____ I should try to be nice to everyone.</p> <p>_____ If a person isn't nice back, I should give up after a few tries.</p> <p>_____ A mean person doesn't play fair and does other bad things.</p> <p>_____ When people are mean to me, I should try to get them to stop by being meaner to them.</p>
	<p>_____ A nice person is one you can talk to because s/he understands my feelings.</p> <p>_____ A nice person is someone you can trust.</p> <p>_____ I can be nice to people without choosing them as my friends.</p> <p>_____ A mean person does things to annoy other people.</p> <p>_____ Sometimes, it is alright to be mean to a mean person to teach him or her a lesson.</p>

	<p>_____ Being popular with people my age is very important to me.</p> <p>_____ In order to be popular, I am nice to everyone, whether I like them or not.</p> <p>_____ When my friends do something wrong, I don't say anything.</p> <p>_____ When someone is mean to me, I should ignore it.</p> <p>_____ When someone is mean to me, I should try to talk to them about it.</p> <p>_____ When someone is mean to me, I should keep on being nice indefinitely, hoping that person will change.</p> <p>_____ Sometimes, I have to go along with my friends, even if it make my parents upset with me.</p> <p>_____ Sometimes, I have to go along with my friends, even if my conscience gets upset with me.</p>
	<p>_____ It's more important to have a few close friends than to be popular.</p> <p>_____ It's more important to live by my conscience than to be popular.</p> <p>_____ When someone is mean to me, I let them know that I don't like it and then keep my distance from them.</p> <p>_____ If a friend of mine does something really wrong, I talk to him or her about it.</p> <p>_____ If talking doesn't help, I talk to a person in authority.</p>
	<p>Other thoughts about this question:</p>

**11.** When I have done something morally good, on the INSIDE of me... (think of an example....you don't have to tell me what it is)

	_____ I do not feel anything.
	_____ I feel excited
	_____ I feel happy _____ I feel good
	_____ I feel proud _____ I have more energy
	_____ I feel closer to people _____ to my family _____ to my friends
	_____ I feel closer to my conscience _____ I feel closer to God _____ I feel closer to all human beings
	Other feelings:

**12. When I have done something morally good, on the OUTSIDE,...**

	_____ I don't show anything because I don't feel anything.
	_____ I blush. _____ I smile a lot. _____ I jump around. _____ I play around.
	_____ I'm more talkative.
	_____ I do more of what I did that was good. _____ I do other good deeds.
	_____ I'm friendly with everyone, even people I don't like.
	_____ I don't show my feelings because that would be immature. _____ Doing good is just something I should do.
	Other:

**13. When I am praised for doing something good or right...**

	<input type="checkbox"/> I blush and act shy, but I like the praise.
	<input type="checkbox"/> I feel embarrassed and don't want praise.
	<input type="checkbox"/> I feel what I did was stupid. <input type="checkbox"/> I feel praise is stupid.
	<input type="checkbox"/> I turn around and do something bad (for example, picking a fight).
	<input type="checkbox"/> I feel confused and upset. <input type="checkbox"/> Being good doesn't seem like me. <input type="checkbox"/> People will expect more and I don't like that.
	<input type="checkbox"/> I feel like doing something destructive.
	Other:



**14.** When I have done something morally wrong, on the INSIDE... (think of an example....you don't have to tell me what it is)

	I don't feel anything.
	<input type="checkbox"/> I am scared of getting caught. <input type="checkbox"/> I want to forget it.
	<input type="checkbox"/> I am afraid others will think badly of me (ashamed). <input type="checkbox"/> I want to take my punishment and be done with it.
	<input type="checkbox"/> I feel scared, ashamed, and guilty. <input type="checkbox"/> I feel sad and disappointed in myself. <input type="checkbox"/> I feel like being alone. <input type="checkbox"/> I want to talk it over with a trusted adult.
	<input type="checkbox"/> I can't get it off my mind until I do something about it. <input type="checkbox"/> I'm afraid a relationship will be harmed. <input type="checkbox"/> I want to talk it over with a friend.
	<input type="checkbox"/> I have a poor opinion of myself. <input type="checkbox"/> I worry that it can't be corrected. <input type="checkbox"/> I feel the need for forgiveness. <input type="checkbox"/> I feel like reforming myself.
	Other Feelings:

**15. After wrongdoing, on the OUTSIDE...**

	<input type="checkbox"/> I don't show anything because I don't feel anything.
	<input type="checkbox"/> I look and act scared. <input type="checkbox"/> I act like nothing happened.
	<input type="checkbox"/> I get very busy doing something good. <input type="checkbox"/> I accept my punishment willingly.
	<input type="checkbox"/> I look scared, ashamed, or guilty. <input type="checkbox"/> I go to my room or stay close to home. <input type="checkbox"/> I act like I want to talk to my parents.
	<input type="checkbox"/> I act irritable and grumpy. <input type="checkbox"/> I talk on the phone a lot.
	<input type="checkbox"/> I turn inward to myself to figure out what to do.
	Other Actions:

16. If no one knows that what I did was wrong,

	_____ I want to let someone know.
	_____ I feel pleased that I got away with it.
	_____ I make excuses for myself _____ I blame others.
	_____ I am really irritable and mean to everyone.
	_____ I feel at ease because I am such a good liar.
	_____ I am constantly on the lookout for people who are against me.
	Other:

17. After wrongdoing, to make things right....(think of an example...you don't have to tell me what it is)

	I pretend it never happened.
	I wish I could undo what I did.
	I admit to what I did wrong when questioned. I take my punishment and do what I'm told to do to make it right.
	I talk about it to a trusted adult. I apologize and correct what I did wrong.
	I talk to a trusted friend. I get the courage to talk to the offended party and do something nice for him/her outside of correcting what I did wrong. I ask for forgiveness and try to reestablish our relationship.
	I do all the things mentioned under 4. I forgive myself and make plans for moral improvement.
	Other:

18. To make myself feel better after wrongdoing... (think of an example, you don't have to tell me what it is)

	I forget about it until reminded.
	I stay to myself for awhile.
	I apologize and make up for what I did wrong.
	I put more energy into doing good things for myself and others.
	I accept my mistakes as a learning experience.
	Other:

19. To make myself feel better after wrongdoing,

	I stay to myself for weeks at a time.
	I lie to myself and others about the seriousness of what I did.
	I drink alcohol or use drugs.
	I do things that are very dangerous and mean.
	I plan my next bad deed.
	Other:

20. In my rules of conscience, the "Do's" are:


21. I try to do these things because:

	I will get in big trouble if I don't do them.
	I have been taught and believe they are right or good.
	Doing these things pleases other people and makes me feel proud.
	Doing these things makes living in my family, school or neighborhood nicer.
	Doing these things makes the world work a little bit better.
	Other:

22. The "Don'ts" in my rules of conscience are:


23. I try not to do these things because:

	I will get in big trouble.
	I believe they are wrong.
	Other people's feelings will get hurt; they won't like me.
	It will ruin my future as a trust-worthy person.
	Everyone's needs, rights, and feelings must be respected.
	Other:

22. When I do morally wrong things, it is because:

	I have to do them to survive.
	I have to do them so my family or friends can survive.
	I just do bad things once in a while to see if I can get away with it.
	I believe they are wrong, but it has become a habit.
	I am so depressed that I don't care.
	Evil forces have taken over me. It is exciting to do bad things.
	My conscience is destroyed.
	Other:



24. Being good is a matter of will-power.

Yes	No
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I have good moral willpower because:

	My family has high standards of conduct.
	My friends have high standards of conduct.
	I live in a community with high standards of conduct.
	My religious beliefs give me strength.
	I have learned my rules well.
	I think before I act; I understand consequences.
	I always keep my future in mind.
	I believe my decisions affect my relationship with my family, myself, and my surroundings.
	Other:

25. I lose my willpower to be morally good when

	I am scared.
	I do not think before I act.
	I get depressed.
	I get confused.
	The world around me is basically evil.
	Other:

Please draw a picture of your conscience with colored markers. Write explanatory notes on the picture or on the back of the page.

